

## More Fun With Your Child

Help your child brush his/her teeth, or brush your teeth at the same time your child brushes.

Let your child select 1 tooth friendly snack when you go to the grocery store.

Make brushing special by putting stickers on the tooth brushing chart.

Let your child help wash or scrub fresh fruits or vegetables before snacking.

Let child select his favorite yogurt for a snack.

Have a teething party with your child and friends. Let child select the tooth friendly snacks, decorate toothbrushes together, and sing the teething song.

Take pictures of your family's healthy smiles.

Count the number of teeth your child has.

Let the child select cereal for trail mix.

Let child make a milk mustache on his/her face.

Taste different kinds of apples. All are good for your teeth.

Have children help make apple smiles. Cut apples into slices and let each child spread them with peanut butter. Use miniature marshmallows for teeth between 2 slices. Swish mouth with water after eating the snack.

Sing or hum the teething party song each time your child brushes.

Practice nutrition bowling or bean bag toss at home.